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NEW DEVELOPMENTS IN THE SUBURBS
ARCADE FIRE BUILDS ON ITS SUCCESS {page 11}

LOHAN
ACTRESS HEADS TO REHAB
METRO DISH {page 14}

OTTAWA metro®
Tuesday, August 3, 2010
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Rideau workers remembered

- Workers put in 14- to 16-hour days six days a week while living in shantytowns
- Deaths of immigrant, French-Canadian and native workers went largely unrecorded

TRACEY TONG/METRO OTTAWA

▶ Dressed as Lt.-Col. John By, Allan Meltzer stands near the Celtic Cross. "It's staggering to think that 1,000 or more people died building this structure that today we celebrate as a world heritage site," said Bytown Museum's Mike Steinhauer.

Many Ottawans look at the canal with a sense of pride, but Jennifer Roach's connection is more familial.

Her great-great-great-grandfather, blacksmith James Roach, worked on the locks during the building of the canal between 1826 and 1832.

"Knowing your relative worked on it is kind of neat," she said.

He was one of the fortunate ones. A ceremony held at the Celtic Cross yesterday remembered the more than 1,000 workers who lost their lives to accidents and diseases like malaria.

"Sickness was rampant and there were no doctors," said Ottawa and District Labour Council president Sean McKenny.

"Many were blasted to pieces by gunpowder shots, others killed by falling stone."

TRACEY TONG

Gulf oil spill

Flying into the unknown

American white pelicans have migrated to Ontario for centuries But when they return to the Gulf this fall, they could meet their doom {page 8}

Dressing up your ice-cream desserts

How to turn store-bought into homemade this summer {page 18}

Tweeting at the trade deadline

Speculating about baseball is now a 24-7 business {page 21}

Chamberfest opens new doors

This year's festival a huge success, director says {page 4}

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By built it ... and everyone came

Canal seen as engineering marvel today Fest organizer wants Major's Hill Park renamed 'Colonel By Park'

TRACEY TONG
@METRONEWS.CA

Without this man, Ottawa would not have existed.

Over the long weekend, thousands of people celebrated the greatest accomplishment of an English military engineer who is now known as the city's founding father.

A statue of Lt.-Col. John By looks over his canal from its place in Major's Hill Park. And yesterday marked the first permanent annual Colonel By Day in Ottawa.

Yet, By died disgraced in 1836, having been accused of overspending his budget on the building of the canal, said the founder of the Rideau Canal Festival.

"During his lifetime, he was never acknowledged for building what is today a UNESCO World Heritage Site," said Michel Gauthier, who wants people to realize the important role that By played in Ottawa's history.

"The Rideau Canal goes back to the dream of one person. Colonel By arrived when this was a lumber town. He created Bytown, he built the Rideau Canal and thanks to the Rideau Canal, we have become Ottawa, Canada's capital.

"Today, people acknowledge the work he did as a real coup, a real success story. Hopefully, wherever he is, he is happy to see that finally, his canal is being acknowledged."

Lt.-Col. John By

Actor and member of the Bytown Museum's board of directors Allan Meltzer has been portraying Lt.-Col. John By for about seven years.

- **Military man** The real Lt.-Col. John By was born in 1779 and served in the military from 1811 to 1815.
- **Rideau Canal** In 1826, By was called upon to supervise the construction of the Rideau Canal.
- **Founding father** Colonel By Drive, Colonel By Secondary School and uOttawa's Colonel By Hall are all named for him.
- **Market plan** By laid out the street plan of the ByWard Market, making George Street and York Street extra wide.

TRACEY TONG/METRO OTTAWA

▶ Rideau Canal Festival founder Michel Gauthier stands by the statue of Lt.-Col. John By in Major's Hill Park. Visitors can also see the foundation of By's house in the park.

1 news

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Nose art on helicopters bought from the U.S. gets a Canadian twist in Afghanistan. Video at metronews.ca/canada

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Lowest fares require advance purchase, round trip travel and Saturday night stay and are for departures Tuesdays, Wednesdays, Saturdays and holidays through September 19, 2010. Other days are also on sale. Kitchener/Waterloo fare is one way and does not require a Saturday night stay. Taxes and surcharges are extra. Call for full details.

Cartoon highlights tumult over census

An editorial cartoon has gone viral inside the offices of the mathematicians, statisticians and economists who work for Statistics Canada.

The drawing shows Stephen Harper with his hand inside a puppet of Ernie from Sesame Street.

The caption: "Our new chief statistician, he'll get the answers we want!"

It's a bit of gallows humour for demoralized staff who have just seen their boss quit over the integrity and independence of their agency.

The cartoon also highlights what most insiders connected to the long-census debacle know: it was the prime minister pulling the strings from the get-go.

A tumultuous month into the public phase of the crisis, Harper's office is also being blamed within his own government and party for mishandling communications around the issue.

But senior bureaucrats know things could have been far more volatile.

Statistics Canada could have lost both its beloved censuses — short form and long form — if Harper's administration followed its initial plan.

Harper directed Industry Minister Tony Clement last winter to seek options from Statistics Canada on how it could make the long version of the census voluntary. But sources say his circle's first instinct was to make the entire thing voluntary — both the short census and the now controversial long form.

THE CANADIAN PRESS

Communication

- Conservative insiders are slowly acknowledging they haven't done a good job of persuading the public on the census issue.
- They say communication of their reasons has been bungled from the start.

AIRPORT ARREST

American murder suspect nabbed in Ottawa

A 39-year-old Texas man wanted for murder in the U.S. was arrested in Ottawa over the weekend following a joint investigation by Ottawa police and the Canada Border Services Agency.

Lox Gorme (also known as Misael Yacas) of Cypress Meadow, Texas was arrested at MacDonald-Cartier International Airport as he waited for a flight for Singapore.

Gorme is believed to have entered Canada via bus through Windsor, Ont. on July 30 and was screened by CBSA Officers.

Because no warrants were found in the system at that time, he was permitted to enter Canada.

Once the U.S. warrant was activated, the CBSA, Ottawa police and other law enforcement agencies immediately proceeded to track him down and make the arrest.

Gorme was turned over to the Canada Border Services Agency and is being held on the active warrant in the U.S.

TRACEY TONG

Sens ink Campoli to 1-year deal

The Ottawa Senators have re-signed defenceman Chris Campoli to a one-year contract.

Campoli, 25, finished his fifth National Hockey League season and second with the Senators with four goals, a 14 assists and 16 penalty minutes in 67 games.

In 92 career regular-season games with Ottawa, Campoli has nine goals, 22 assists and 28 penalty minutes.

TRACEY TONG

Arrests in ByWard robberies

Police continue to investigate a series of personal robberies that occurred one after the other in and around the ByWard Market area early yesterday morning.

In four separate incidents, a group of young people robbed victims of their purses and cellphones as bars were closing.

Police have arrested three suspects in the Beausoleil area. There were no injuries.

TRACEY TONG

Chamberfest for the masses

Chamberfest's 95 performances include 'some of the world's best musicians,' artistic director says

Also calls Ottawa a 'special city'

TRACEY TONG
@METRONEWS.CA

Now entering its second week, the Ottawa International Chamber Music Festival has been a huge success so far, according to its artistic director.

"The venues have been very, very full," said Roman Borys. "It's extremely rewarding to see the public responding so strongly to the choices we've made."

So what happens once you're the "greatest chamber music festival in the country"?

The festival's next goal is to bring it to an international level, said Borys.

"There is a big international audience for this kind of programming," he said, with performances that are "up close and personal."

"You're really close so you can hear them breathing and listen to them interact with one another. You can feel the music and the passion."

The festival aims to broaden people's definition of classical music in the 21st century, all in a welcoming atmosphere, he said.

"This is not an elitist affair," he said. "You don't have to know anything about classical music. This is passion laid out on the table. It's just great music making."

Best bets

Artistic director Roman Borys always has his "ear to the ground" for new music and musicians. Here are his top five picks for the rest of the festival.

- **Gene DiNovi Trio and Friends** Performing the Scandinavian Suite at St. Brigid's Centre for the Arts at 8 p.m. today.
- **Ludus Modalis** The internationally renowned local ensemble performs Sacred and Profane Love at the Knox Presbyterian Church at 3 p.m. tomorrow.
- **Isabelle Faust** The violinist has been making waves in Europe, Borys says. She performs at Dominion-Chalmers United Church tomorrow at 7 p.m.
- **Angele Dubeau** The Quebecois violinist and La Pieta are at Dominion-Chalmers at 7 p.m. Thursday.
- **Tokyo String Quartet** Performing the closing concert at Dominion-Chalmers, 7 p.m. Saturday.

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CONTRIBUTED

▶ Nadina Mackie Jackson and Guy Few perform at St. John the Evangelist at noon tomorrow. "Guy is a virtuoso pianist and trumpet player," said artistic director Roman Borys. "And Nadina has pulled the bassoon out of the orchestra and put it in the chamber environment."

The juggling bug bit young

STEVE COLLINS/FOR METRO OTTAWA

▶ Juggle Bugs Jordan Freemont, left, and Paul Campbell

The International Busker Festival wrapped up its 19th year yesterday, but it was a first for its two youngest performers.

Jordan Freemont and Paul Campbell, both 12, debuted as the Juggle Bugs, wowing audiences by juggling balls, knives and clubs, sometimes while mounted on unicycles.

Campbell started juggling when he was nine, and Freemont hopped on his first unicycle at six.

"The hardest part of our act is, in our finale, we both pass six clubs on the six-foot unicycles, and that took a long time to learn," said Campbell.

Later this month, they'll perform at the Waterloo Busker Festival.

STEVE COLLINS

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News in brief

Police seek Texas man

SUSPECT. Police in Ottawa and Texas are working together to locate a 26-year-old Texas man who is in the Ottawa area and was a former CFL quarterback for the Hamilton Tiger-Cats, Edmonton Eskimos and Winnipeg Blue Bombers. On Saturday, police attended a disturbance call and identified a suspect as Cody Ledbetter. He is six feet tall, 225 pounds with a muscular build, and is balding.

TRACEY TONG

Fire destroys two buildings

BLAZE. Two buildings at a former correctional facility were destroyed when a fire broke out early Sunday morning. Ottawa firefighters were called to 4707 Donnelly Rd. just before 3 a.m. and found one building fully involved.

TRACEY TONG

'Smiley faces' rob gas station

CRIME. Two males, both wearing "smiley face" masks and armed with a machete, robbed a gas station Sunday. At 3 a.m., police were called to the Pioneer Gas Station at 1134 Ogilvie Rd., where two males entered the store armed with a machete.

TRACEY TONG

Man charged in BNEs

BREAK-INS. Police have charged a 25-year-old Ottawa man in relation to at least 17 break-and-enters in the city's south end.

TRACEY TONG

It's easy being green at exhibit

Confederation Park hosts the Energy Ottawa Ecosphere Environmental Fair as part of canal festival

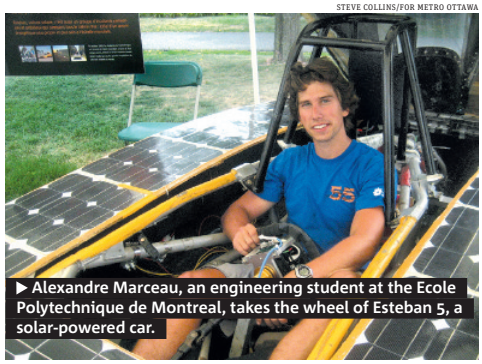
STEVE COLLINS
OTTAWA@METRONEWS.CA

With 55 exhibitors, from vegetarian cooking demonstrations to environmentally friendly building materials, the weekend's third annual Energy Ottawa Ecosphere Environmental Fair offered many shades of green.

"There's so many things you can do, there's so many things to learn about the environment, so this always helps people to find different choices and find out new things they can do to better our quality of life," said Eric Ferland, president of Project Ecosphere and organizer of the fair. The City of Ottawa challenged residents to take a water quality quiz and distributed free water efficiency kits for households. Waste Management provided a drop-off for old computers to be recycled.

Engineering students from the Ecole Polytechnique de Montreal showed off Esteban 5, their solar-powered car, which reached a top speed of 96 km/h at last year's World Solar Challenge in Australia.

STEVE COLLINS/FOR METRO OTTAWA



▶ Alexandre Marceau, an engineering student at the Ecole Polytechnique de Montreal, takes the wheel of Esteban 5, a solar-powered car.

Hints

A few tips from the Water Quality Partners of Ottawa to conserve water and protect water quality at home:

- **Run-off** Rain barrels reduce storm water run-off and provide water for gardens and lawns.
- **Wash on the lawn** Washing vehicles with a sponge and bucket on the lawn conserves water.
- **Driveways** Open surface driveways (crushed or interlocking stone) reduce run-off and replenish groundwater.
- **Sweeping** Sweeping soil and vegetation away from pavement and drains reduces silt and improves water quality.
- **Pet waste** Proper pet waste disposal helps to control bacteria.

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Gulf oil spill imperils Ontario pelican

About 118 species of migratory birds in Canada fly to the Gulf region for the winter

A beloved Ontario bird that bounced back from endangered status may be flying to its demise when it heads south this fall — straight into the path of the BP oil spill in the Gulf of Mexico. For centuries the American white pelican has flocked to Ontario's shores to breed. But expert Joe Nocera said they could starve down south as oil on their plumage reduces their ability to capture fish. Even if they find food, they could eat fish that were affected and become contaminated, he said. THE CANADIAN PRESS

Scan code for more on the spill.

Status

Once considered at risk of extinction in Ontario, the pelicans' status was improved to "threatened" this year when scientists found new and smaller colonies sprouting up in and around Lake Superior.

- **How many** At last count, about 12,600 mature pelicans spend their summers in Ontario, with the largest colonies in Lake of the Woods and Lake Nipigon, said Joe Nocera with the Ontario Ministry of Natural Resources.
- **Tourism** The birds are a major attraction for tourists, who come from as far away as Great Britain to see them, said Shawn Sas, who runs HooknBullet Lake Tours in Kenora, Ont.

HANDOUT/THE CANADIAN PRESS

▶ White pelicans are shown in Lake of the Woods in this file photo. The Ontario birds that bounced back from endangered status will be flying straight into the path of the massive BP oil spill in the Gulf of Mexico this fall.

Inaction blamed in flood recovery process

Relief efforts in Pakistan's flood-ravaged northwest picked up pace yesterday, but survivors complained about government inaction — a worrying sign for authorities seeking public support for the fight against militants in the region.

Around 300 people blocked a major road in the hard-hit Nowshera district to protest at receiving little or no aid, witnesses said. Other survivors returned to devastated villages, wading through waist-high water to salvage chairs, plates and other possessions — a wall clock, a battered fridge — from beneath mud and debris.

"We have nothing, we are just depending on the mercy of God. Nothing left except this wet wheat," said Marjan Khan, sorting through piles of the grain laid out on wooden beds.

Scores of bridges, roads and buildings have been washed away by the torrents, which were triggered by exceptionally heavy monsoon rains. The floods are the worst in a generation, and weather forecasters say more rains are due to fall in south and central Pakistan.

The death toll was at least 1,200 yesterday, with up to two million survivors requiring assistance. The northwest is the epicentre of Pakistan's battle against al-Qaida THE ASSOCIATED PRESS

NAVEED ALI/THE ASSOCIATED PRESS

▶ Flood survivors walk over a makeshift suspension bridge built by the Pakistan army after heavy floods washed away the iron bridge in the Swat Valley of Pakistan.

Swat Valley

The Swat Valley, which has yet to recover from a Pakistani army offensive against the insurgents just over a year ago, is one of the areas worst affected.

- **Help** The Pakistani army, which has the helicopters, boats and infrastructure needed for relief work, is delivering food, medicine and tents.

Probe ordered after veiled women fly

Transport Minister John Baird has ordered an investigation into whether airlines are enforcing rules that require staff to see the faces of passengers boarding flights.

He said in a statement that there are procedures in place to verify the identity of anyone who has their face covered, adding the approach is consistent with international standards, regardless of culture or religion.

A recent YouTube video appears to show two women in Montreal boarding a flight without being required to uncover their faces for security procedures. THE CANADIAN PRESS

Iraq war nears end: Obama

U.S. President Barack Obama declared yesterday that the Iraq war was nearing an end "as promised and on schedule," touting what he called a success of his administration, though it comes amid instability. THE ASSOCIATED PRESS

CHARLES DHARAPAK/THE ASSOCIATED PRESS

▶ U.S. President Barack Obama boards Air Force One at Andrews Air Force Base, Md.

Translator policy raises hackles

Ottawa's promised fast-track immigration policy for Afghan translators has left many interpreters stuck in the starting blocks and fearing for their lives.

Citizenship and Immigration Minister Jason Kenney announced the program to assist Afghans who face "extraordinary personal risk" because of their support to Canada's mission in Kandahar.

However, a number of interpreters in the Kandahar area have applied with the full blessing of their superiors and have still been rejected. THE CANADIAN PRESS

Today crucial for future of RIM

- Company hopes for 'iPhone killer'
- Launch coincides with UAE restrictions on BlackBerry

Research In Motion is set to launch a new BlackBerry today that's expected to take on Apple's iPhone — a key event the company likely doesn't want overshadowed by restrictions on its devices in the United Arab Emirates.

In New York, the BlackBerry maker is expected to unveil a new touchscreen smartphone with a pull-out keyboard and a new operating system to make Internet surfing faster. The phones will run on U.S. carrier AT&T's network.

Wunderlich Securities Inc. analyst Matt Robison said RIM needs to introduce a strong product, or the UAE's recently announced restrictions on email, texting and web browsing will carry more weight.

THE CANADIAN PRESS

UAE ban

The UAE plans to ban email, messaging and web browsing on BlackBerrys.

- **Visitors too** The ban will take effect Oct. 11 and will apply to visitors to the UAE as well.
- **Censors** UAE is among countries that censor websites and other forms of media.

Economy. Wealth

▶ Even high-end stores like Saks Fifth Avenue are feeling the pinch.

PAUL SAKUMA/THE ASSOCIATED PRESS

Rich are getting poorer

Economists say consumer spending has slowed mainly because the richest five per cent of Americans — those earning more than $207,000 — have cut back. They account for about 14 per cent of overall U.S. spending.

Market moment

DOLLAR	Natural gas	OIL	TSX
No trading	1,000 cu ft $4.701 US - 22.2¢ Gold $1,160.40 US +$2.40	+ $2.39 US $81.34 US	Markets closed

PRICES AS OF 4 P.M. YESTERDAY

Airline now charges for carry-on

$30 Sprit Airlines' charge for any carry-on bag that's too big to fit under the seat.

Spirit Airlines says it is gaining ground in the fight against flight delays with its controversial move to charge for carry-on bags that was in place for the first time Sunday.

Since airlines started charging for checked luggage, more flyers have brought carry-on bags on board. Spirit's new fee — the first in the industry — is aimed at discouraging passengers from stuffing the overhead bins because it often takes extra time to get bags settled and gate check those that won't fit onboard.

THE ASSOCIATED PRESS

Use any charger for cellphones in Europe

The European Union will soon bid a fond farewell to a hassle that spares few cellphone users: A dead battery and no suitable power charger.

Starting next year, cellphones in Europe will have a one-size-fits-all charger. It will also let owners easily borrow someone else's charger when the juice is gone.

"How cool is that?" asked EU spokesman Dennis Abbot on Friday.

THE ASSOCIATED PRESS

Interchangeable

The uniform charger means new phones will no longer comes with chargers, and there will be less electronic waste.

DATING IN THE DARK: DOS AND DON'TS

She says ...

JESSICA NAPIER

We relationship folk spend a lot of time living vicariously through our single friends.

Sometimes I find myself getting a bit jealous when I hear about those exciting first dates filled with nervous butterflies and romantic optimism. However, more often than not, I end up listening to hilarious tales of bad dates gone awry and thank God those days are behind me for now.

The worst stories are always from the girls who begrudgingly go on blind dates set up by friends, co-workers and, in one case, a well-meaning stranger on a plane.

I have never been on a blind date. Either everyone is under the impression I have no trouble finding my own dates or no one wants to subject someone they care about to an evening with me. Either way, I'm not an expert on the subject.

That being said, I have heard a lot of horror stories. And in the interest of saving my single friends from more matchmaking disasters I thought I'd share a few dos and don'ts for all of the prospective blind daters out there.

"The worst stories are always from the girls who begrudgingly go on blind dates set up by friends, co-workers and, in one case, a well-meaning stranger on a plane."

DO avoid venues that involve finger food

Now I like a pound of honey garlic wings as much as the next girl, but I also know that I tend to resemble a caveman while ravenously gnawing on a saucy drumstick. A romantic date this is not fellas.

DON'T cyberstalk your date

True blind dating doesn't really exist in the age of Internet, but that doesn't mean you need to go overboard with your background check. A simple Google search is acceptable but quoting her latest Twitter updates and talking about how much you enjoyed her Facebook photo album of a 2005 trip to France is a little over-the-top.

DO dress like you care

Have you invited her out to a swanky martini bar and shown up in Birkenstocks and a ratty fleece? Congratulations, you'll be spending your next afternoon hike alone wondering why she never called you back.

DON'T conjure up a cute nickname

If you are one of those people who insist on giving your partner an adorable over-the-top name this is not the time to invent it.

DO have an open mind

Because, ultimately, what's the worst that can happen? Chances are you're going to spend an evening with Mr. or Miss Not Quite Right and end up with a funny story to tell your friends.

Cartoon

MICHAEL DE ADDER

Private versus public

Letters & Tweets

Re: Health care: Stop fearing private sector (July 30)

TORONTO. In a bid to convince us of the advantages of the private sector in health care, David Descôteaux wrote that we should embrace a model where universal coverage is ensured by the state, but where the supply of service, like operating a hospital, is open to the private sector. He made the point that in Denmark you will be sent, fully covered, to a private hospital if waiting time for an operation is longer than one month. But he didn't mention that in Denmark, 44 per cent of the work force pays 70 per cent of its income in taxes. He also made the point that in France 40 per cent of hospitals are privately owned and for profit, but it's fair to say that even though per capita spending on health care was very similar between France and Canada in the past, the last decade has seen a greater growth in health-care spending in France than in Canada.

Since the column was inspired by a 15-hour wait in the ER, I assume the real subject was the standard of living. I just wonder, was that column an attempt by a pro free-market fiscal conservative to tell me that a higher standard of living requires higher taxes? Or did I miss the point?

JOHNNY DIB

Standard of care

What's your favourite karaoke song? Why?

Email
ottawaletters @metronews.ca
Twitter
@metroottawa

Metro has the right to edit letters and submissions.

Metro Minute with changing of guard

If you call Ottawa home, chances are you might not have taken the time to watch the Changing of the Guard on Parliament Hill in its entirety.

But time is running out — the colourful Canadian tradition, which brings the military drill and music of the Canadian Forces to Parliament Hill, only runs through Saturday.

Why not head down to Parliament Hill and get a front-row spot today?

Arrive at 9:45 a.m. to learn more about the ceremony.

The show runs from 10 to 10:30 a.m. Afterward, stay for a unique musical experience — the 53-bell carillon of the Peace Tower.

TRACEY TONG

TRACEY TONG/METRO OTTAWA

▶ The Changing of the Guard is performed daily on Parliament Hill at 10 a.m.

metro

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Arcade Fire book a trip to The Suburbs

- Montreal indie band reach back to childhood for inspiration on long-awaited new album
- Maintain control of sound in an era when albums are routinely leaked on the Internet

Over the summer, Arcade Fire treated fans to a series of hastily organized gigs that allowed the band to refine its new set of songs and fuel an ever-elevating level of hype for its long-awaited third disc, The Suburbs.

But the semi-surprise gigs had an unintended effect on the band.

"We did those shows and then I already couldn't listen to the record anymore," multi-instrumentalist Will Butler told The Canadian Press over the telephone from Montreal.

"Because it was: 'Oh, this is totally foreign to what is happening live.'"

Fortunately for Butler and co., it's unlikely many fans felt the same way, since the band was able to do what they usually manage to do — maintain control.

The sound of The Suburbs had been a well-kept secret in an era during which new albums leak like faucets in nightclub washrooms. The album did, eventually, circulate illegally on the Internet but it took unusually long.

Rumours about the record were dribbled out slowly by Arcade Fire, leaving fans — and the likes of indie outlet Pitchfork — trying to parse supposed hidden messages on the band's website. As the band played its series of intimate shows, fans began to post grainy concert clips online, which were eagerly dissected by others who impatiently awaited the album's release.

The band wanted to make a big deal about The Suburbs and knew fans would play into the tease, Butler said.

"For us, it felt like a long time between these two records," he said.

"The album doesn't matter as much to a lot of bands, which I think is fine, I think that's kind of how the world is turning."

GETTY IMAGES

▶ Brothers Will (left) and Win Butler of Arcade Fire perform at The Festival d'Ete de Quebec. Their new album is out today.

Urban sprawl

- **The Album's** title is, of course, telling — Win Butler really is singing here about the suburbs, about their sprawl, their stultifying effect and, at times, their comforts.
- **Win and Will** Butler were raised in The Woodlands, Texas, before relocating to Montreal, where Arcade Fire was formed. Will Butler said the area they grew up in was a planned community that took off in the 1970s. The brothers left town for boarding school in their teens, so they're reaching pretty far back for some of the memories.

The band began work in earnest on The Suburb in May 2009. Many of its 16 tracks are imbued with an immediacy that was once foreign for the band. For instance, first single Ready to Start and the art-punk roar of Month of May are more straightforward than anything the band has previously recorded.

The band stretches its legs elsewhere, from the rollicking piano gallop of The Suburbs, to the woozy shoegaze of Empty Room, to the giddy Blondie stomp of Sprawl II (Mountains Beyond Mountains).

In that evolution toward a more compact sound, the band risked sacrificing the all-out catharses achieved again and again on the 2004 debut, Funeral. Fans revel in those exhilarating moments during which layers of instrumentation coalesce with Win Butler's sky-reaching vocals and the insistent chant of the rest of the band, creating something almost too grandiose for a rock club.

"We were just looking for a variety, definitely, of tone and of sound. That's partly why some of it sounds lighter."
WILL BUTLER

"Some of the songs on this record, it's a little more sparse," Butler acknowledged. "But I think that's also just the variety thing that we wanted to get down. We wanted to have some thick songs and some thin songs."

THE CANADIAN PRESS

2 scene

News in brief

These ivories have history.

A British auction house is offering up a piano from London's Abbey Road Studios that's featured on tracks by the Beatles and Pink Floyd. Auctioneer Bonhams said yesterday that the battered Challen upright, scarred by coffee stains and cigarette burns, is expected to fetch and $243,000.

The piano resided at Abbey Road's Studio Three between 1964 and the 1980s, and was used on tracks including The Beatles' Tomorrow Never Knows and Paperback Writer.

THE ASSOCIATED PRESS

Uncle Phil is pushing for a Fresh Prince movie

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TOP 5 ALBUMS OF THE YEAR SO FAR

The Audio Files

BRYAN BORZYKOWSKI
SCENE@METRONEWS.CA

With just a few weeks away until music industry revs up for the fall, and we're seven months into the year, now's a good time to look back at some of the great records you may have missed — or can't stop listening to — in 2010.

Here are my top 5 records of the year so far:

Black Keys — Brothers

I get a lot of records, most I listen to a few times and put aside. But not the Black Keys' new album — it's worn out my stereo. From the heavy, opening bass beats of Everlasting Love to the throwback R&B sounds in the soulful The Only One, this isn't just one of the best records of the year, it could be one of the more memorable discs of the decade.

Wintersleep — New Inheritors

I wasn't a fan of Wintersleep's Welcome to the Night Sky. It was too meandering and uneven. But their latest release is a different story. There are still plenty of epic moments, but they found the perfect balance between infectious indie rock and soaring pop. Black Camera is a standout — it's single guitar and low-key drums intro gives way to loud blasts of rapid beats and a fist-pumping chorus.

▶ Yeasayer

▶ The Black Keys

Yeasayer — Odd Blood

This disc came out early in the year, but it's still one of my favourites. The band's sophomore disc is full of stunning electro pop, layered in thick instrumentation and complex harmonies. It's not only thought-provoking record, but it's a fun to sing with — Ambling Alp is easily one of the best songs from any band this year.

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speed read breaking news brought to you by Visa payWave. a secure, faster way to pay. just wave and go.

Hannah Georgas — This is Good

Hannah Georgas was robbed of a Polaris Music Prize nomination. The Vancouver songstress is one of those rare singers that you just know will be big — it's a shame she's not up for the prize. This debut is a gritty indie rock disc that recalls old Liz Phair and Emily Haines. Her sweet melodies are shrouded in an aggressive edge — listen to the fantastic Lovesick and you'll see what I mean.

▶ Hannah Georgas

Wavves — King of the Beach

I just reviewed this disc last week, but it's already found a permanent place on my iPhone. If you haven't noticed, I'm a big fan of big pop hooks and this disc has plenty of them. Its frenetic grunge rock, aggressive blasts of fuzzy guitars, layers of noise and Cobain-like melodies should have been the next step from Nirvana. Too bad we got Creed instead of these guys.

News in brief

Madonna directs movie

PEOPLE The Material Girl is illuminating the City of Light, where she's shooting her latest film, W.E. Dressed all in black and heavily accessorized in dark shades, a hat and a patterned scarf, Madonna directed Saturday's shoot in Paris' tony 6th district.
THE ASSOCIATED PRESS

Batman goes to auction

BOOKS A longtime Alaska comic book buff is selling one of the gems in his vast collection, a rare copy of Batman No. 1 published 70 years ago. Mike Wheathas put the 1940 comic book on the auction block. It's expected to fetch more than $40,000.
THE ASSOCIATED PRESS

Supermodel on hold

COURTS The defence in the war-crimes trial of former Liberian president Charles Taylor is seeking to postpone testimony by fashion model Naomi Campbell. She is due in court Thursday. But Taylor's lawyer says the prosecution has failed to disclose exactly what she is expected to say, preventing him from preparing his cross examination.
THE ASSOCIATED PRESS

Emotional homecoming for Drake

Drake wasn't kidding when he said he was going give his hometown fans a show to remember.

Canada's hottest hip-hop export imported rap's biggest stars — Eminem and Jay-Z — for his inaugural OVO Festival in Toronto Sunday night.

If the Grammy nominations and million-selling debut album hadn't made it clear, the unbilled guest appearances, which came near the end of Drake's 90-minute set — and had been considered far-fetched rumours — cemented the Toronto native as a reigning member of the genre's elite.

It's been a quick ascent for the emcee who made his first Amphitheatre performance on Lil Wayne's tour last August.

And this show, his Canadian tour finale, was an emotional outing for the 23-year-old entertainer, whose primary residence remains Toronto.

It's a testament to his stature locally that tickets for the concert — nearly 10 times the size of his last solo show in May 2009 — sold out quickly, and the capacity crowd giving him a hero's welcome.

He performed the highlights from his current disc, Thank Me Later, along with tunes from the mixtape So Far Gone, which brought him to the fore. With laser lighting, pyrotechnics and the backing of a killer five-piece band, including DJ, Drake bounced around on his toes like a boxer and varied his delivery from urgent to subdued.

"I'm finally in the town that I was birthed in. Just show me a good time." DRAKE

Clad in varsity jacket, soon doffed, black t-shirt and camouflage pants, the former child actor's oeuvre is not the bling and tattoos of thug rappers, or studied socially consciousness of the Commons and Kanyes.

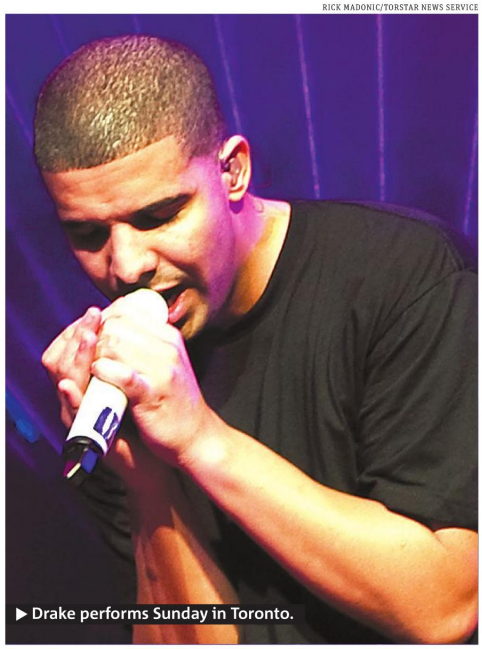
His is a sensitive, introspective, girls-driven angst realized in his funny stage banter about using candles and Febreeze to feel sexy on his tourbus. Though he threatened a female fan that she might be "touched on, sucked on, kissed or licked" if she came on stage — after making sure she was of age — he planted a chaste kiss on her forehead.

Drake didn't need all the star power, but it made the night unique.

A thin and somber Eminem delivered his verse from Forever in counterpoint to the grinning Jay-Z who followed with a full rendition of Run This Town

Their brief but well-executed segments made up for a lackluster undercard of P. Reign, Bun B, Francis & the Lights, and a particularly disappointing and croaking Young Jeezy. Rick Ross, Kardinal Offishall and Fabolous made worthier appearance during Drake's set. The headliner continually made mention of incarcerated mentor Lil Wayne, even slamming the New York Police Department in his defense.
TORSTAR NEWS SERVICE

RICK MADONIC/TORSTAR NEWS SERVICE



▶ Drake performs Sunday in Toronto.

JEFF CHRISTENSEN/THE ASSOCIATED PRESS

▶ Tony Robbins

Robbins helps people make Breakthrough

The first thing to know about Tony Robbins' new NBC series is that, in his opinion, it isn't a series.

Instead, he sees Breakthrough With Tony Robbins as six weekly specials (the second airing today). After that he's done, at least for the foreseeable future.

"I couldn't possibly, with the schedule I have, go do a series," says the high-rev inspirational speaker who fills arenas around the world and sells books and tapes by the millions.

Now his TV series, er, specials are just another part of his outreach — short-term but, he hopes, with lasting impact.

"I did what I wanted to accomplish," says Robbins, an imposing 6-foot-7, as he stretches his legs seemingly into the next county from the chair in which he's seated for a recent interview. "I told some really interesting stories of how people can turn themselves around in situations that seemed impossible." And can do it, in each case, in just 30 days.

THE ASSOCIATED PRESS

DVD Releases this week Buy it ●●●●● | Rent it ●●●● | Borrow it ●●● | Yawn ●● | Don't bother ●

Assault on the senses

Kick-Ass
Genre: Action **Director:** Matthew Vaughn
Stars: Aaron Johnson, Christoper Mintz-Plasse
●●●●
Kick-Ass is an assault on the senses, with bullets firing, blades slashing and bodies thudding, bleeding and burning at every turn. The violence is most graphically seen and felt in the turbulence of Chloë Grace Moretz, just 11 when she made this, who plays a sociopathic pre-teen vigilante aptly named Hit Girl.

The film by Matthew Vaughn (Layer Cake) succeeds as violent fantasy about our perilous and fretful times, where regular citizens feel compelled to take action against a social order rotting from within. Aaron Johnson, soon to be seen as John Lennon in Nowhere Boy, illuminates and entertains as the naive citizen vigilante of the title.

Kick-Ass has more to say than other movies of its ilk, although it's a very cynical message — the implications of Hit Girl alone could keep a platoon of psychiatrists and sociologists talking for days.

The film is post-modern surgery into the superhero myth, driving a scalpel into the warped logic of misanthropic killers who masquerade as civic do-gooders.

PETER HOWELL

The Ghost Writer
Genre: Thriller
Director: Roman Polanski
Stars: Ewan McGregor, Pierce Brosnan, Kim Cattrall
●●●
Roman Polanski is in total command of his medium, something that hasn't been a sure thing since the 1970s, The Pianist notwithstanding.

He builds a film where revealed truth and rising dread are carefully brought together, bit by bit. Pierce Brosnan plays Adam Lang, a former British prime minister, very much like Tony Blair, who has exiled himself to the beach isolation and high security of an unnamed American coastal island.

Lang feels the need to set the record straight by means of an autobiography, having sullied his reputation with too much involvement in Middle Eastern politics and too much trust in the U.S. president. But getting the word out is proving to be a dangerous occupation: his first ghost writer is found dead — suicide is assumed — and the ghost's replacement, nicely underplayed by Ewan McGregor, is no sooner on the job when he's mugged on a London street. This is a movie to savour like a good book.

PETER HOWELL

A Phophet
Genre: Drama **Director:** Jacques Audiard
Stars: Tahar Rahim, Niels Arestrup
●●●½
Anyone who believes in the corrective potential of prison life is guaranteed to be plunged into despair by this latest film by genre master Jacques Audiard.

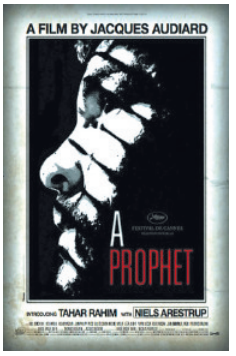
Corruption is as thick as the grime that covers the seedy French prison where much of the brisk story unfolds. The place is so rife with collusion, with guards allowing favoured criminals free reign, it's almost as comical as an old Hogan's Heroes episode — except nobody's laughing.

Relative newcomer Tahar Rahim wrings empathy for a brutal character out his lead role of Malik, a young prisoner who quickly susses the alliances and double-crosses needed to survive behind bars. He makes us admire his determination, if nothing else.

A Prophet hardly needs the non-ironic musical underlining that Mack the Knife provides so directly: "Oh, the shark, babe, has such teeth, dear / And it shows them pearly white ..."

Yet the tune has the mood exactly right. This is a movie that jumps up and grabs you by the throat.

PETER HOWELL



Tell us what you think at metronews.ca/scene

Weekend box office results

TOP MOVIES 1. Inception, $27.5 million US.
2. Dinner for Schmucks, $23.3 million.
3. Salt, $19.2 million.
4. Despicable Me, $15.5 million.
5. Cats & Dogs: The Revenge of Kitty Galore, $12.5 million.
6. Charlie St. Cloud, $12.1 million.
7. Toy Story 3, $5 million.
8. Grown Ups, $4.5 million.
9. The Sorcerer's Apprentice, $4.3 million.
10. The Twilight Saga: Eclipse, $3.9 million.

THE ASSOCIATED PRESS

CANADA
PROVINCE OF QUEBEC
DISTRICT OF MONTREAL
NO: 500-12-305109-104

SUPERIOR COURT
(FAMILY DIVISION)

DOUGLAS WELLS BENTLEY
PLAINTIFF
-VS-
KIMBERLEE RIVET
DEFENDANT

NOTICE TO DEFENDANT

BY ORDER OF THE COURT Defendant, KIMBERLEE RIVET, is by the present notice required to file an appearance, within forty (40) days of the present publication, either personally or through her attorneys.

A copy of Plaintiff's Motion for institution of proceedings by way of application for divorce has been left at his attention at the office of the Court clerk of the Superior Court, district of Montreal, at the Montreal Courthouse situated at 1 Notre-Dame street east, Montreal.

Additionally, please note that if you fail to file an appearance within the time limit indicated, a judgment by default may be rendered against you without further notice upon the expiry of the forty (40) day period.

PLEASE GOVERN YOURSELF ACCORDINGLY.

Montreal, July 29th 2010-07-29
ANNIE OUELLETTE
(COURT CLERK OF THE SUPERIOR COURT)
J00309
Me Mylène Lemmel
Azran & Associates
Attorneys for Plaintiff
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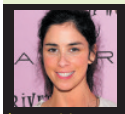
Celebrity tweets

Matthew Perry [@langford-perry] Just landed in las Vegas....which I'm told is spanish for the Vegas.

Ben Stiller [@RedHourBen] I am now following @kanyewest. Looking forward to how my life will change.

Milla Jovovich [@Milla-Jovovich] Ppl hve been asking what religion I am. Well, I'm russian orth. by birth, but I'll go 2 any church where I feel love and spirit! God bless!



Sarah Silverman [@SarahKSilverman] I'm unable to explain what I mean by this but Leonardo DiCaprio has a tuna face.

Next stop on the Lohan bus: Rehab

Actress heads straight to the UCLA Medical Center for a 90-day program after her release from jail

Lindsay Lohan has been released from jail, but she's not exactly a free woman.

The actress was discharged early yesterday after serving 14 days for violating her probation in a 2007 drug case, Los Angeles sheriff's spokesman Steve Whitmore said. She is now required to immediately begin a three-month stint in rehab, he added.

A prosecutor has said that Lohan cannot be released early and will have to spend the entire time in treatment.

Due to overcrowding in California jails, inmates such as Lohan who are serving time for nonviolent offences and have no criminal records typically have their stays reduced for good behaviour.

THE ASSOCIATED PRESS

AP PHOTO

▶ Lindsay Lohan

Bieber Fever: Now in paperback

You're never too young to write a memoir.

Sixteen-year-old Justin Bieber's book comes out in October.

HarperCollins announced the pop star's memoir yesterday, saying Justin Bieber: First Step 2 Forever: My Story will reveal the teen sensation's "amazing journey to stardom."

The book also will include previously unseen photos for "fans afflicted with Bieber fever."

In a statement released by the publisher, Bieber says he is "excited to share just a little bit more of my world."

The teenager has been a massive pop sensation since releasing his first album, Share My World, last year, and has caused fan hysteria during live shows.

THE ASSOCIATED PRESS

16 The number of years of profound insight and life experience that pop star Justin Bieber brings to the planet.

Alicia Keys weds beau in Corsica

NO ONE ... WAS THERE Alicia Keys and Swizz Beatz tied the knot in a private ceremony on the French island of Corsica, according to People magazine.

The wedding was officiated by Deepak Chopra. Keys and her new husband, who have been together since 2008, are expecting their first child later this year. "Whatever we're blessed with, that baby is being born to blessed parents," the groom recently told the magazine.

METRO WORLD NEWS

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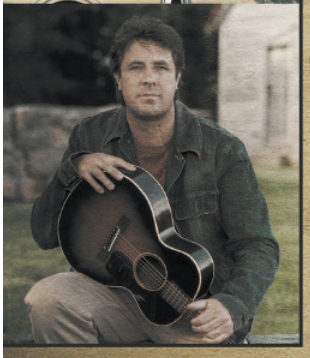

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3 life

Too much water can kill you

Water intoxication is rare but can happen when people drink water to the point at which the body is no longer able to control the excess fluid. Too much water can cause your brain to swell and as the organ is basically "boxed in" with nowhere to expand outwards. Eventually, the brain will be squeezed to the point where vital regulating functions will be affected.

ROMINA MCGUINNESS

ScanLife

Find out how to wade through all of the issues surrounding probiotics.

▶ Pool-ates in a warm pool is a great and gentle workout.

Splash & stretch with Pool-ates

Pilates in the pool makes for a three-dimensional aquatic exercise with lower impact on joints and muscles Hop in and work it in the water

ROMINA McGUINNESS
WELLNESS@METRONEWS.CA
METRO WORLD NEWS IN LONDON

By taking it to the water, Boo Pfeiffer added bounce and buoyancy to Joseph Pilates traditional moves. More accessible, yet just as challenging, Pool-ates is a three-dimensional aquatic exercise that promises to lean, strengthen and flex your body — just as long as you go with the flow.

"Pool-ates stays true to the work of Joseph Pilates," explains Pfeiffer. "The difference is that the lower impact on joints and muscles makes it more accessible."

Being in the water allows people with injuries, arthritis or whose weight prohibits them from carrying out certain moves, to participate.

"There may be less impact than on land, but in Pool-ates you have to resist the buoyancy, which is challenging."

BOO PFEIFFER

The principle of Pilates is based on precision, control, concentration and breathing and how all of these come together. The key thing is that, contrary to belief, Pool-ates does not involve you floating around in the water. The class is performed standing up, on the pool steps or the side railing. Only once you have reached advanced levels can you engage in horizontal moves.

"Being in the water, you have little or no control of what is going on, all your energy and strength goes into not falling. There may be less impact than on land, but in Pool-ates you have to resist the buoyancy, which is challenging," Pfeiffer says.

However, fighting buoyancy is a more gentle feeling than fighting gravity, making the exercise more relaxing as a whole.

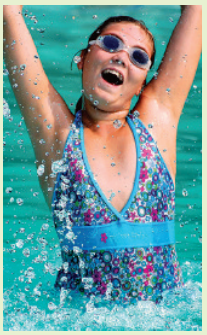
"You get more of a mind-body high," explains Pfeiffer. "You are able to relax more and therefore focus and concentrate on the moves more easily."

Every single exercise during Pool-ates engages your core, stomach, back and waist muscles. If you don't hold it all together in an integrated fashion and keep the moves precise, then you will be thrown off balance and 'blown' away by the water.

In a Pool-ates class the water temperature should be between 86 and 92 degrees Fahrenheit (30/33 degrees Celsius).

According to Pfeiffer, people have a higher range of motion in warmer water, as well as greater flexibility and stretch. Cold water will only shrink muscle.

What water does well



The human body is made up of between 55 and 75 per cent water and constantly needs to be replenished if the body is to function at its best, says celebrity fitness trainer James Duigan. On average, people should aim to drink two litres daily in order to replace natural fluid loss, such as through sweating and breathing.

- Water helps to flush out the by products of fat breakdown. This process is essential for people trying to lose weight as water dilutes the waste products, allowing them to be removed form the body more rapidly.
- Dehydration (a consequence of not drinking enough water) means that your body does not have sufficient water to carry on with bodily functions as normal, leading to some unpleasant feelings. Symptoms include fatigue, headaches, dizziness, thirst and muscle spasms.
- Water can act as an effective appetite suppressant. A common mistake is confusing hunger pangs for thirst. Drinking a glass of water when the feeling first manifests itself will help you realize which one it is you are feeling.
- Be careful when choosing liquids. Tea and coffee are both powerful diuretics, excessive consumption will cause you to lose a lot of water.
- Water is calorie-free, so you can drink as much as you like.
- In order to get perfect skin you must not only be hydrating externally, but internally. Drinking lots of water, or alternatively, eating fruit or vegetables with a high water content, is one of the best things you can do for your skin. Water will make your skin look more plump and radiant thanks to the added moisture.

ROMINA MCGUINNESS

FLICKR: *MICKY

▶ Going for a walk in a forest can help reduce stress and lower blood pressure.

'Forest bathing' aids well being

Your weekend camping trip can be doing more good for you than you ever realized Being around trees can result in many health benefits

CELIA MILNE
WELLNESS@METRONEWS.CA

Want to maintain good health? Get out of the city and into a forest at least once a month. A growing body of research done in Japan shows that being in green spaces boosts our immune systems.

Being in the forest seems to have two benefits: one is obvious — stress reduction. And the other is perhaps less so: trees emit chemicals called phytoncides that benefit humans.

"The results of a vast amount of research shows that forest visits promote both physical and mental health by reducing stress."
EEVA KARJALAINEN, FINNISH FOREST RESEARCH INSTITUTE

Japanese researchers conducted a study of 280 healthy people. The subjects were given a day off. Some went to the big city and others went to a forest area for what the Japanese call "forest bathing." The forest bathers had lower pulses and lower blood pressure. Another study showed forest bathers experienced an increase in their natural killer cells, the cells that help fight cancer.

"Forest bathing trips may have a preventive effect on cancer generation and development," reports Prof. Qing Li, president of the Japanese Society of Forest Medicine.

The positive health effects of a trip to the forest can last as long as a month.

Forest facts

- **Diabetics take note.** Walking in the forest can reduce glucose levels in people with diabetes, Japanese researcher suggests.
- **According to research,** a trip to the forest reduces levels of cortisol (the stress hormone) found in the saliva. A trip to the city did not reduce cortisol levels

Study links ADHD to diet

CELIA MILNE
WELLNESS@METRONEWS.CA

2-6%
Between 2 and 6 per cent of Canadian children and adolescents have attention deficit hyperactive disorder.

There may be a strong link between diet and the risk of ADHD in kids.

Researchers in Perth, Australia, recorded the eating patterns of 1,800 adolescents and then noted whether or not they developed attention deficit hyperactivity disorder (ADHD). The diets were divided into "healthy" or "Western" patterns.

Children whose diets were high in fresh fruit and vegetables, whole grains and fish were in the "healthy" group. Children who ate a lot of take-out food, sugar, salt, fried and processed foods were put into the "Western" group.

"We found a diet high in the Western pattern of foods was associated with more than double the risk of having an ADHD diagnosis compared with a diet low in the Western pattern …" said Wendy Oddy, leader of nutrition studies at the Telethon Institute for Child Health Research in Perth.

Perhaps the Western dietary pattern doesn't provide enough essential micronutrients, she said. But added that it's not clear whether a poor diet leads to ADHD or whether ADHD leads to poor dietary choices and cravings.

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MAINTAINING A HEALTHY, BACTERIA BALANCE

It may seem difficult to believe, but ensuring that you have **certain bacteria in your mouth can be good for your health!**

If you read our column regularly, this statement may seem a bit out of sorts. Afterall, isn't bacteria a big concern in tooth decay and gum disease?

The answer, of course, is yes. We are certainly not advocating that you throw good oral health care practices to the wind and allow the bacteria in your mouth to grow at will.

However, the simple fact is that **the mouth is a natural breeding ground for a variety of types of bacteria.** No amount of brushing, flossing or rinsing will ever change that. And you do not want to change it.

In a way, you can look at the bacteria in your mouth as competitors. One type of bacteria competes with all the other types for its own survival. The key is that we do not want any one type to actually win this competition. As long as they keep fighting without ever having a winner, the bacteria can remain in check.

Problems start to occur, however, if one form of bacteria starts to take over. These problems may be relatively benign, such as bad breath. However,

Dr. Bao Nguyen
Dental Surgeon

it can also lead to more serious health issues.

For example, a poor balance in oral bacteria can lead to **upper respiratory infections** caused by the Streptococcus pyogenes pathogen. **Cardiovascular health, or the health of your heart**, also depends upon maintaining a healthy balance amongst these competing forms of bacteria.

A build-up of certain types of bacteria can lead to the development and growth of **harmful forms of fungi in the mouth**. When such fungi grow out of control, it can lead to the development of painful lesions.

Though usually not dangerous in healthy individuals, **in people with compromised health conditions, the unchecked growth of certain fungi can be quite problematic.** For instance, if the fungus known as *candida albicans* is allowed to build-up, you may experience a condition known as **oral thrush**.

This condition is more common amongst those whose **immune system is weaker**. For individuals undergoing **cancer treatment** or who suffer from **HIV**, oral thrush can actually spread to the esophagus, lungs and other organs. **This can prove to be fatal!**

The key is to make sure that you **strike a healthy balance amongst the bacteria in your mouth!** A good diet combined with good oral health care practices, such as regular brushing, flossing and visits to the dentist, can prevent one form of bacteria from taking over your mouth! **And if you notice any unusual growths in your mouth, contact your dentist immediately to have them checked out.**

Because maintaining a good bacteria balance is a healthy habit…and healthy habits lead to healthy lives.

Dr. Bao Nguyen
- Dental Surgeon

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A nutritious way to start your day

A smoothie breakfast packs the fruit, calcium, fibre, complex carbohydrates, vitamins and minerals that can help jumpstart a healthy day Plus, they are low in fat and calories

Smoothies are a quick, easy and nutritious way to start your morning.

They are especially great for kids and picky, non-breakfast eaters.

When you are on the go each day, foods and nutrients you often lack in your diet are fruits, calcium, fibre, complex carbohydrates, vitamins and minerals. The answer in a glass is a smoothie, which can include all of these.

Most importantly, they contain antioxidants, which boost your immune system and may reduce the risk of heart disease and certain cancers.

Here are a couple of delicious and healthy smoothies. Experiment and make up your own. Keeping a variety of frozen fruits on hand is a great way to make these anytime of the year.

▶ Peach smoothie.

Peach smoothie

You can find frozen peaches all year round in the supermarket. You can always substitute another fruit of your choice such as plums, nectarines or mangoes.

Preparation:

1. Combine the milk, yogurt, banana, peaches, honey and vanilla in a blender and purée. Serve immediately.

Creamy cappuccino & banana smoothie

I'm a chocoholic and I have discovered that one per cent chocolate milk (made with cocoa) is the best treat I can have either for breakfast or a snack. Adding chocolate milk to this smoothie satisfies your chocolate cravings and makes it taste like a chocolate milkshake, but without the calories and fat.

Preparation:

1. Combine the milk, yogurt, banana, honey and cocoa powder in a blender, and purée. Serve immediately.

▶ Creamy cappuccino & banana smoothie.

Peach smoothie

Ingredients:

- 1 cup low-fat milk
- 1/2 cup low-fat plain yogurt
- 1 small ripe banana, sliced
- 3 cups sliced fresh or frozen peaches
- 2 Tbsp honey
- 1 tsp vanilla extract

Creamy cappuccino & banana smoothie

Ingredients:

- 1 cup cold chocolate milk (1%)(or soy milk)
- 1 cup low-fat coffee-flavored yogurt
- 1 medium-size ripe banana, sliced
- 2 Tbsp honey
- 1 Tbsp cocoa powder
- 1 Tbsp cocoa powder

CONTRIBUTED BY

Rose Reisman is an author and nutritionist. For more info visit rosereisman.com.

Ice cream as the basis for desserts

Transform commerical ice cream into a decadent dessert by adding various tasty toppers

▶ Grilled Banana Sundaes.

You can enjoy commercial ice cream on its own or have some fun with it by using it as a basis for yummy desserts.

Add a twist with fruit, nuts and other ingredients. Here is a recipe to try.

Preparation:

1. In a small saucepan over low heat, melt butter with brown sugar, about 1 minute. Let stand for 5 minutes to cool; brush on bananas, reserving any extra mixture.
2. Grill or broil bananas, brushing frequently with remaining brown sugar mixture, for 8 minutes or until bananas are heated and lightly golden. Cut warm bananas into 5-cm (2-inch) chunks, then divide among 4 serving dishes.
3. Top with ice cream, drizzle with caramel topping and garnish with pecans.

THE CANADIAN PRESS

Ingredients:

- 50 ml (1/4 cup) butter or margarine
- 30 ml (2 tbsp) firmly packed light brown sugar
- 2 medium bananas
- 500 ml (2 cups) light dulce de leche or light vanilla ice cream
- 50 ml (1/4 cup) caramel ice-cream topping
- 50 ml (1/4 cup) chopped pecans or walnuts

Liquid Assets

Raise your glass to a wine icon

Even though the term "icon" seems to get handed out as freely as candy corn on Halloween night, there really is no better word to describe South African wine producer Graham Beck.

A true champion of Cape Wines, and the region of Robertson in particular, his passing last week at the age of 80 saddened lovers of inspired winemaking the world over.

While I never got to me him in person, I did have the pleasure of spending some time at his winery with cellarmaster Pieter Ferreira where we tasted our way through a broad range of Graham Beck wines.

Though selection varies from province to province you shouldn't have any trouble finding an example or two of Beck's liquid personality at your local liquor store. A great introduction to his wines is the soft, soothing 2008 Railroad Red ($12.80 - $15.25) that mixes cherry, raspberry and red licorice flavours with subtle black pepper spice thanks to its blend of shiraz and cabernet sauvignon.

The 2008 Gameskeeper's Reserve Cabernet Sauvignon ($18.95 - $19.99) offers a thicker dark berry fruit experience with a side of tobacco and chewy cassis.

The 2008 Gameskeeper's Reserve Cabernet Sauvignon ($18.95 - $19.99) offers a thicker dark berry fruit experience with a side of tobacco and chewy cassis. Both wines would make a good match with grilled meats à la barbecue.

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

NAVIGATING LOW-POINTS IN RELATIONSHIPS

Smug Marrieds

KATE STEWART & BRET DAWSON
2FORCOUPLES.COM

Forget the gossip and don't sulk, the best way to fix any fight is to watch a sappy, romantic movie

Q: Why do couples gossip so much about each other? They're worse than singletons!

Kate says...
Gee, your friends must be way more interesting than our friends. Maybe it's time to have a baby!

Q: How do we navigate the down periods in our relationship without overreacting and saying 'Maybe we should just separate?'

Kate says...
Oh, for crying in the sink. How old are you people? Grow up first and then get married. A marriage is not a play date and it is no place for idle threats and sulking.

Bret says...
Here's a way to look at it. Suppose this down period is the worst down period ever and things will never, ever look up. If that's really how things are, then you should separate, because who wants to live like that? But if it should turn out that things might look up sometime soon, and if when things look up you generally feel like this relationship is fun and good and you barely even mind when your partner farts in the car, then you should wait for sometime soon. How about you spend five hours reading a book you like or playing Geometry Wars or shopping like you just got your tax refund — and when that's all over ask yourself if you feel like maybe separating might be tougher than plain old sitting down with your partner and having a good fight and then moving on quickly to make-up sex.

▶ Get over the gossip and just have a baby already.

Q: Why do women like watching sappy, romantic movies more than men?

Kate says...
We don't actually like sappy, romantic movies so much. It's just that renting one is a guaranteed way to get some alone time without picking a fight.

Bret says...
Speak for yourself, dear. Personally, I thought The Wedding Planner was just about the loveliest story ever told — because Jennifer Lopez was so busy with her career that she didn't have time for a relationship, but then Matthew McConaughey taught her about true love. Sometimes I get a little weepy thinking about it, but that's okay because men have feelings too.

Retailers court 'fat-shonistas'

In a midtown Manhattan showroom, fashion blogger Amelia Pontes picked up a pair of "jeggings" (jeans tight enough to be leggings) from a table filled with trendy jeans in boot cut, boyfriend and skinny styles.

"The tighter the better for me," Pontes explained to Liz Munoz, an executive from plus-size fashion retailer Torrid.

This cocktail party and jean "sampling" was thrown by Torrid for some of its best customers: young bloggers who proudly call themselves "fat-shonistas."

The event is part of the Young Fat and Fabulous Conference, a series of meet-and-greet events between 11 bloggers and retailers held in New York City in July.

Over the last two years, U.S. retailers have taken note and stores like Forever 21 added an extended sizes line, Faith 21.

Target added Pure Energy last year and American Rag debuted their plus-size collection this month.

According to the most recent figures from the NPD group, a market research firm, the $18-billion plus-size market is an area of growth. While sales in the overall women's apparel category remain flat, the plus size niche increased by two per cent between May 2009 and May 2010. Many plus-size retailers now advertise on the most influential blogs, some of which garner hundreds of thousands of page views per month.

THE ASSOCIATED PRESS

Conference

Looking for a new market.

▶ **Collaboration** The conference was a collaboration between fashion blogger Gabi Gregg, a 23-year-old Chicago-based blogger who runs the blog YoungFatandFabulous.com and several plus-size retail outlets including City Chic and American Rag.

STUART RAMSON/THE ASSOCIATED PRESS

▶ While women's apparel sales remain flat, the plus-sized niche is showing growth.

Reason to switch #109:

I switched because I can bank between soccer and storytime.

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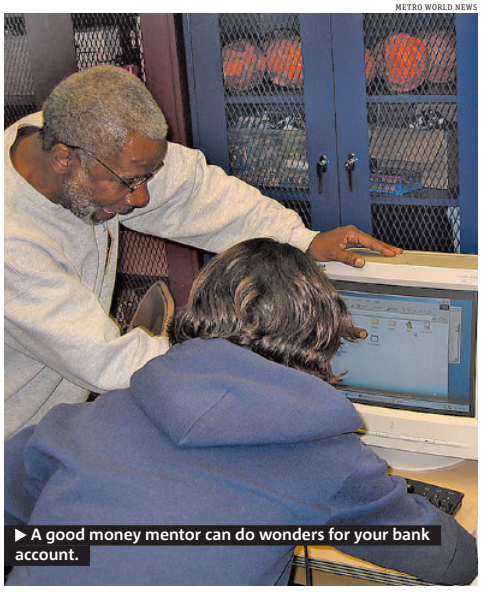
Fun and Frugal

LESLEY SCORGIE
MONEY@METRONEWS

METRO WORLD NEWS



▶ A good money mentor can do wonders for your bank account.

INVEST WISELY IN A MONEY MENTOR

Ninety per cent of young Canadians receive money advice from their parents. Second to that, they ask their friends. Along the way we glean nuggets of financial information from people we trust. These are our money mentors and, it pays to have good ones.

Currently, my savvy aunt, a Toronto-based multi-millionaire, mentors me toward developing habits and behaviours of self-made millionaires. Like many multi-millionaires, she doesn't necessarily look the part, driving fancy cars and living in a mansion. Rather, she saves money by making frugal choices like driving a 2002 Toyota Highlander and traveling in economy class. According to her, not living how rich people should live has made her rich. Her top piece of money advice: keep the money you worked so hard to earn.

Need a money mentor? Look for the following characteristics. First, they're rich! Second, they keep and maintain a meticulous budget. Third, good money mentors are savvy spenders. Fourth, they'll take time to teach you their secrets, how to make more money in your career, save more, and invest wisely.

They'll also make you stick to your goals.

Fixing the Canadian student loan crisis

- Small fixes can help reduce burden on government and lenders
- Keep students from defaulting on accumulated post-secondary debts

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Rites of summer. Sun, sand, festivals and student loans. If students are not filling out the often tortured forms they are probably looking forward to repaying that ball and chain debt.

While graduates are saddled with increasing debt, their ability to pay it off is decreasing. Jobs for graduates are harder than ever to find and employment income is lower, relatively speaking, than 20 years ago.

The loan system is particularly harsh for rural and small town students whose costs to attend college or university are much higher than city kids with a range of post-secondary options.

Here's my modest proposal for fixing the student loan crisis.

• Students with no post-secondary institution within a reasonable commute receive a grant to level the playing field with those who are able to live at home and attend school. If they don't graduate the grant must be paid back.

• Outstanding student loans are reduced by 10 per cent upon graduation.

• Loan (both provincial and federal) interest rates to be capped at 2 per cent above prime.

• Every year grads stay current with payments a further 10 per cent is knocked off the principal owing.

• In bankruptcy, student loans to be treated like any other debt. Currently loans cannot be discharged for 10 years after the last class or semester the student takes.

▶ Defaulting on loans hurts everybody involved.

Straight facts

Students are falling deeper into debt to pay for post-secondary education. Here are the stats:

- **$26,680**
  2009 average debt load for university students who borrow
- **$13,600**
  2009 average debt for college students who borrow
- **40 per cent**
  Number of university grads who default or fall behind on student loans
- **52 per cent**
  Number of college grads who default or fall behind on student loans

Interest rates/ Savings accounts

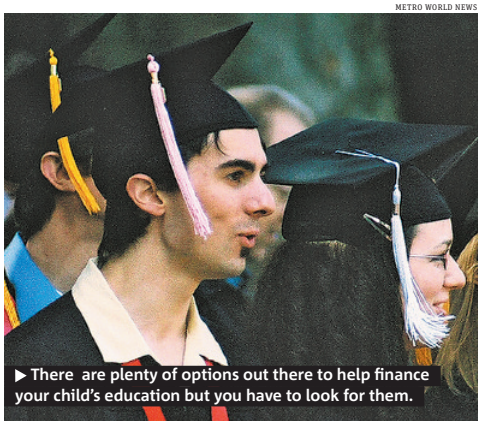
BANK	RATE
BMO	1.10%
CIBC	0.70%
HSBC	0.15%
ING	1.30%
PCF	1.0%
RBC	1.0%
SCOTIA	1.15%
TD	1.10%
ALLY	2.0%

CHECK BANK WEB SITES AS SOME RATES REQUIRE MINIMUM ACCOUNT BALANCE

Yes, this would reduce interest rate revenue for banks and the government and cost a bit in terms of grants.

However, financially healthier students will pay more tax and buy more stuff. And fewer delinquencies and defaults will reduce the burden on government and lenders.

METRO WORLD NEWS



▶ There are plenty of options out there to help finance your child's education but you have to look for them.

Financing your child's future

Saving enough money to pay for your child's post-secondary education can be tough, especially given that sending a child to school for a four-year undergraduate degree can cost as much as $80,000.

Putting money away when your kids are young is ideal, but if your children are now approaching college age and, like many Canadians, you do not have the funds available to pay their way through school, what do you do?

Here are some tips for finding ways to finance your child's post-secondary education:

• Know your options

Some universities offer the option of monthly payments, which may help minimize the impact of the impending costs.

• Visit your bank

Talk to a professional about the financing options available to your child, such as a student line of credit, that offer lower rates than many other personal finance tools like credit cards and home equity lines of credit.

The student line of credit at TD Canada Trust, for example, offers no monthly or annual fees while your child is a student, a competitive interest rate and flexible repayment terms.

Most banks also offer a range of additional services for students including low-fee accounts, credit cards and even medical and dental plans.

• Do your research

There are a number of grants, bursaries and scholarships available for Canadian students. For example, many graduate students can apply for some grants or assistant-ships to fund their studies.

NEWS CANADA

Turco in, Niemi out in Chicago

The Chicago Blackhawks agreed to a one-year deal with Marty Turco yesterday, settling on a veteran goaltender to replace Stanley Cup hero Antti Niemi.

General manager Stan Bowman said the team expects "immediate" contributions from Turco, 34, who played nine seasons with Dallas and is a three-time all-star.

The deal is believed to be worth $1.3 million US.

Niemi, 26, helped the Blackhawks win the Stanley Cup this past season after earning $826,875 US as a rookie. He was awarded a $2.75-million salary for next season by an arbitrator last week, putting the Blackhawks in a tough spot.

Bowman declined to say whether the team could have squeezed Niemi's award under the NHL's salary cap, set at $59.4 million next season.

"The salary cap has been talked about too much," Bowman said.

Bowman said he made several attempts to sign Niemi to a multi-year contract before the goalie's case went to arbitration.

"We exhausted all of our options to make this work," Bowman said.

"This is the direction that made the most sense. You have to have flexibility within your roster and this was the best way to defend the Cup."

THE ASSOCIATED PRESS

RONALD MARTINEZ/GETTY IMAGES

▶ Marty Turco has signed with Chicago.

Speculative frenzy tough on players

Blue Jays slugger Bautista tried to shrug off rumours about trades

The non-waiver trade deadline had barely passed Saturday afternoon when Jose Bautista was surrounded by media for the umpteenth time in July, this time to discuss how all the rumours linking him to this team and that team went for naught.

Like so many of his peers around the majors, the Toronto Blue Jays slugger endured weeks of speculation about his future and was asked to talk about it constantly. He obliged graciously every time, even though it was clear by the end he was sick of the subject.

"You guys are the main reason we're all aware of anything any way. You guys (provide) pretty good coverage of everything and there were a lot of rumours out there," Bautista calmly told the assembled throng. "There's more coverage now with the Internet so word gets around.

"You have to be realistic with yourself. A lot of it is just kind of rumours and hearsay."
LYLE OVERBAY, ON TRADE RUMOURS

"We talk about it, you've got to just try to not let it affect you in any way."

That's becoming much harder and harder to do for both players and front office officials.

The trade deadline has always been a time of intense speculation and frenzied fan focus, but the spotlight was hotter than ever this year as traditional media's continuing shift to the Internet has turned the old once or twice a day news cycle into a 24-hour beast with an insatiable appetite.

Blogs and social media sites like Twitter feed into that by providing a forum for quick and constant updates. It can create pressure on reporters to dig up something new and leave fans breathlessly waiting for and demanding the next nugget, while driving teams and players up the wall.

"Being in the hot seat this year, it just seems like there's so much out there every day and there's so much information flying around," said rookie Blue Jays GM Alex Anthopoulos. "I understand it's so competitive (but) there's so much being written, so much floating out there.

"You talk to 29 other clubs and you float ideas, concepts; so many things get thrown out (in public) that may throw things off or maybe aren't fair to the players — it complicates things a little bit."

THE CANADIAN PRESS

NATHAN DENETTE/THE CANADIAN PRESS

▶ Jose Bautista hits a foul ball against Cleveland in a recent game.

4 sports

Up and down

Peyton Manning
The Colts' owner reiterated yesterday that he intends to make Manning the NFL's highest-paid player even if it takes the prohibitive franchise tag to do it.

Albert Haynesworth
The two-time All-Pro defensive tackle tried to take the Redskins conditioning test again yesterday morning, but he pulled up after three back-and-forth sprints because he felt some irritation in his left knee.

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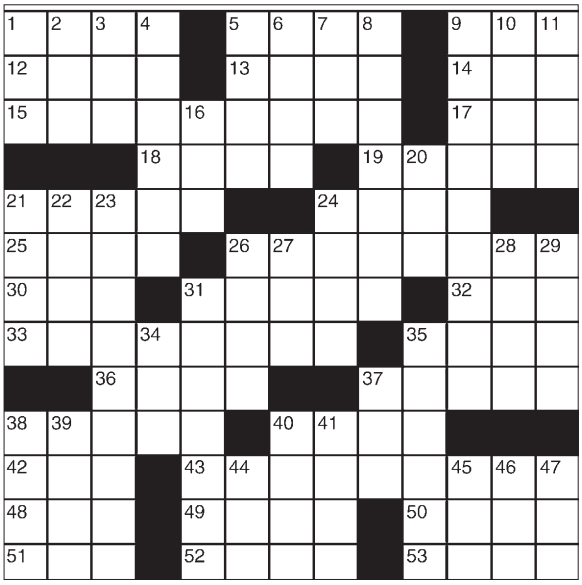
Crossword



Across

1 Beer ingredient
5 Stage award
9 Edge
12 Entreaty
13 Mentor
14 Lawyers' org.
15 Typical fast-food entree
17 Performed
18 Tramcar loads
19 Get up
21 — Rouge, LA
24 On the briny
25 Flubs
26 $10 portrait
30 Afternoon social
31 Old photo coloration
32 Roman trio
33 Rodents often kept as pets
35 Typeface
36 Rind
37 Quirks
38 Minty beverage
40 Tom Joad, e.g.
42 Gorilla
43 Wood nymph
48 Neither partner
49 Paradise
50 Mrs. Dithers, in "Blondie"
51 Type units
52 Zilch
53 TV trophy

Down

1 Speedometer abbr.
2 — carte
3 Moon vehicle, for short
4 Forbidden acts
5 Shrek, e.g.
6 Insects
7 Rage
8 The Urals divide it
9 Geiger counter's trigger
10 Wading bird
11 Put together
16 Coffee vessel
20 Kin (Abbr.)
21 "Little Women" woman
22 Geometry calculation
23 Wine-vat workers
24 Writer Kingsley
26 Shoe part
27 Spring mo.
28 Hog call
29 Little lice
31 King of horror
34 Witness
35 Savage
37 Tease
38 Tarzan's mate
39 "Once — a time, ..."
40 Portent
41 Welles portrayal
44 Commotion
45 — Kippur
46 Branch
47 Rotation duration

▶ Yesterday's answer

P	T	A	■	C	A	S	H	■	I	N	O	N
E	A	U	■	A	R	E	A	■	N	O	G	O
A	U	G	U	R	I	E	S	■	S	A	R	I
■	■	M	R	E	D	■	■	E	T	H	E	R
E	L	E	G	Y	■	O	G	L	E	■	■	■
G	O	N	E	■	T	R	E	S	P	A	S	S
A	P	T	■	C	R	A	N	E	■	U	T	E
D	E	S	O	L	A	T	E	■	A	G	E	E
■	■	■	D	O	P	E	■	S	L	U	M	P
S	P	R	I	G	■	■	A	I	D	S	■	■
O	L	I	O	■	A	U	G	R	A	T	I	N
M	E	N	U	■	T	R	E	E	■	U	K	E
A	D	D	S	■	E	N	D	S	■	S	E	W

Sudoku

2					1	7	8	
	9			3		1	2	
4			2					3
				4			5	8
		7				6		
9	8			5				
1					8			6
	7	2		1			9	
	4	5	9					2

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

3	1	6	9	5	8	7	2	4
9	7	4	3	6	2	5	8	1
5	8	2	1	4	7	9	6	3
7	9	3	2	8	4	1	5	6
1	4	8	5	3	6	2	7	9
2	6	5	7	9	1	4	3	8
8	2	7	6	1	9	3	4	5
4	3	9	8	7	5	6	1	2
6	5	1	4	2	3	8	9	7

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To my wee Nerdling, thank you so much for such a wonderful life together, the depth of which I'll never fully grasp but always appreciate. You are the ecstasy of the human spirit, the meaning of beauty itself. Thank you, Erin, for all that you are. I love you!
STEVE

A.K. throughout the entire time we have known each other I have fallen madly in love, the way you smile and laugh fill my world with joy and happiness, even though we will go through hard times, at the end of the road, I will be there for you. **J.B.C.**

Xiao Bai Cai: You are the most special girl in my life, and I'm looking forward to spending the rest of my life with you. **LOVE, ZHU**

I love you so much Garrett!!
AMANDA

The Weather Network
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Today Thunderstorms 80% 26°/ 22°
Wednesday Showers 60% 28° / 21°
Thursday Variable 28°/ 16°

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 19 You will do something special, maybe even spectacular today. With Jupiter in your birth sign linked strongly to Pluto you will go out of your way to be different.

♉ Taurus April 20-May 21 There are so many good causes out there that could benefit from your physical and mental input, so why are you not more involved? However, steer clear of issues that are in any way political.

♊ Gemini May 22-June 21 You always act fast in a crisis but your speed of response will surprise everyone today. If someone you live or work with is in trouble you will go out of your way to help them.

♋ Cancer June 22-July 22 Many things are changing and you must change with them. The only way you will maintain your current position, especially on the work front, is by finding new ways to be more productive.

♌ Leo July 23-Aug.23 You may have good reasons for wanting to keep the truth from someone but the planets won't let you. Today's Jupiter-Pluto link means they will find out one way or the other.

♍ Virgo Aug. 24- Sept. 22 You may find it hard to stay in control of your emotions today. Sometimes it is good just to let it all out, especially if you have been storing up negative feelings. Have a good shout!

♎ Libra Sept. 23-Oct. 23 Something rather shocking is likely to happen today and with hindsight you will realize that you should have seen it coming. But don't blame yourself too much.

♏ Scorpio Oct. 24-Nov. 22 Decide what needs to be done, then do it. That is the message of the stars for you today and being the kind of person who believes in action rather than talk it's a message you will respond to. It's deeds that count.

♐ Sagittarius Nov. 23-Dec. 21 The Sun in Aries makes most things possible, but even go-getting Sags have their limits and today's Jupiter-Pluto aspect suggests things will be hard, but it's no big deal.

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The Weather Network

♑ Capricorn Dec. 22-Jan. 20 A loved one will surprise you today by some of the things they say and do. Being such a controlled individual yourself their display of emotion might faze you a bit but it will be over soon.

♒ Aquarius Jan. 21-Feb. 18 Ignore those who say that your ideas won't succeed and follow your dream in whatever direction it might lead you. In the Aquarius vocabulary there is no such word as "cannot."

♓ Pisces Feb. 19-March 20 You could hit the jackpot today. There are no guarantees but the planets indicate that if you have done your homework you might make a fortune.
SALLY BROMPTON

Caption contest

SEBASTIAN WILLNOW/THE ASSOCIATED PRESS

"Would it be too much to ask for a booster seat?" **GERI LYNN STEVENS**

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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Please add $50 for Sat. & Sun. departures

Gran Bahia Principe Jamaica • 4 1/2★

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Junior suite
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+Taxes & other fees
(including service charges): $293
Please add $50 for Sat. & Sun. departures

CUBA

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All-Inclusive • Standard rm.
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+Taxes & other fees
(including service charges): $238
Departure tax: 25 CUC cash, paid locally

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The Alexandra • 3 1/2★

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(including service charges): $267

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(including service charges): $238

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Grand Sirenis Riviera Maya Hotel & Spa • 5★

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+Taxes & other fees
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Puerto Vallarta/ Riviera Nayarit via Toronto

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- st: 29296-A
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- km: 62599

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06 GMC Canyon
- 4x4, A/C, Auto
- st: 29365
- km: 43250

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$168* Bi-weekly

06 Avalanche Z71
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- st: 29674
- km: 76635

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06 Sierra 1500 Z71
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- st: 29204
- km: 40533

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08 Ridgeline RTL
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- km: 37060

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09 Frontier SE
- 4x4, Load A/C, Auto
- st: 28694
- km: 32182

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07 Tundra SR5
- 4x4, A/C, Auto
- st: 28556
- km: 47596

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07 Ford F-350 XLT
- 4x4, Load, Diesel
- st: 29010
- km: 60151

$33,840
$296** Bi-weekly

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- Load, A/C, Std
- st: 29717
- km: 62456

$9,650
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06 Tucson
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- st: 29878
- km: 80243

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06 Ford F-150 FX4
- 4x4, Load, A/C
- st: 28052
- km: 66876

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09 Chevrolet G15
- A/C
- st: 28312
- km: 38582

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09 Dodge Ram SLT
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- st: 29827
- km: 58042

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10 Ford F-250 XLT
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- km: 95236

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- st: 29044
- km: 77412

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